Extended Data Table 1. | Material parameters used in the TTM simulations for Cu.

Parameter	Value
Electron heat capacity, $\boldsymbol{C_e = \gamma_e T_e}$	$\gamma_e = 96.6\, J/(m^3 \cdot K)$
Lattice heat capacity, $\boldsymbol{C_l}$	$3.45 \times 10^6\, J/(m^3 \cdot K)$
Electron thermal conductivity, $\boldsymbol{K_e}$	$230 \cdot \left(\frac{T_e}{T_l}\right)\, W/(m \cdot K)$
Electron–phonon coupling, $\boldsymbol{G}$	$1.0 \times 10^{17}\, W/(m^3 \cdot K)$
Mass density, $\boldsymbol{\rho}$	$8960\, kg/m^3$
Complex refractive index (400 nm)	$n = 1.34 + 1.82i$